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SUDANESE WOMAN FINED FOR TROUSERS, PG10

Health pg 28

Getting serious about staying fit

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COUVER • TUESDAY, SEPTEMBER 8, 2009 metronews.ca

Celebrity pg 35

Madonna seeks to mend family ties

## Stinky feet no longer flying concern

**TRAVEL** Good news for harried passengers who resent having to remove their shoes at airport-security checkpoints: Now you can just say no.

Canada's airport security agency has issued a bulletin to front-line officers notifying them they cannot require passengers to doff footwear before walking through metal detectors.

The exceptions are travellers heading to the United States, where rules are tougher. And if a hand-held metal detector signals a problem, then shoes must be removed.

THE CANADIAN PRESS

Food pg 29

**Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.**

Student Cents pg 18

Thrifty ways to have fun

ShareYourViews

vancouverletters@metronews.ca

PNE

## 99 years of summer fun

JEFF HODSON/METRO VANCOUVER

A girl orders mini donuts yesterday during the final day of the Fair at the PNE. The annual summer tradition wraps up its 99th edition today with the prize home draw at 6:30 p.m.

# Commutes speed up

## Trips 'shorter,' 'faster,' as bus routes integrated with Canada Line

FERNANDO CARNEIRO
fernando.carneiro@metronews.ca

**Faster, yet busier commutes await transit riders today after dozens of bus routes were rerouted or discontinued to integrate the Canada Line into the regional transit network.**

TransLink spokesperson Ken Hardie said he believes the people having to make the biggest adjustment are those used to taking one bus to downtown Vancouver from Delta, South Surrey or White Rock.

They now have to transfer to the Canada Line once they get to Richmond.

"What they will probably find, in exchange for having to make a transfer, is that the trip will be faster," Hardie said.

He expects that morning commutes will be cut by about five to 10 minutes for some transit riders living south of Vancouver.

"The afternoon commute, on the other hand, could be significantly shorter," he said. "In fact, it's probably going to be … 20 or 30 minutes shorter in some extreme cases."

That's because some long haul buses end up in traffic jams while getting out of Vancouver and over the Fraser River. The Canada Line avoids that congestion.

Also, with several routes no longer going into Vancouver, some are now running more frequently, including the 351, 601 and 603.

"Services that were running every 30 minutes are now running every 15," Hardie said.

He added that transit riders can expect crowded conditions today.

"The first couple of weeks in September are traditionally the busiest time," he said. "It's because the universities haven't settled into their schedules yet."

Hardie said people can avoid the peak crunch time — 7:45 to 8:30 a.m. — by leaving about 20 minutes earlier.

### Changes

- The 98 B-Line, which carried more than 18,000 passengers daily along Granville Street and No. 3 Road, is among the discontinued bus routes.
- TransLink staff will be at some stations today to help people figure out the changes.

## Get smart! Metro goes mobile!

Starting today, Metro has an all new mobile site, m.metronews.ca — your best destination for up-to-the-minute news and entertainment on any web-enabled phone.

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Here's how to do it: Go to m.metronews.ca, text GETMETRO to 82442 for a link to the site, or download Viigo for BlackBerry, free at viigo.metronews.ca.

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**News on the Move**

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# Local

## Majority oppose new Campbell term

**Three in four British Columbians oppose Premier Gordon Campbell running again in 2013, according to an Angus Reid poll released this weekend. The survey also suggests the NDP have a 14-point lead over the governing Liberals as perceptions of the premier dramatically worsen.** METRO VANCOUVER

2009 Festival of Media Awards METRO INTERNATIONAL NEWSPAPER OF THE YEAR

## Man charged in alleged boat theft

**CRIME** A 46-year-old Vancouver man is facing a number of charges after he allegedly stole a $200,000 charter vessel from its dock at Granville Island.

A man boarded the 52-foot Rosella III at the Granville Island Marina at 10 a.m. Friday and piloted the vessel into English Bay. It was reported missing by its owner at about 5 p.m.

About an hour-and-a-half later, a life raft and deck chairs from the boat were spotted floating in the mouth of the Fraser River, prompting a full-scale search.

The Rosella was located at 7:45 p.m. by the Bowen Queen ferry that spotted the stolen vessel moving erratically in Active Pass. RCMP intercepted the boat and boarded it about an hour later. The man was arrested without incident.

METRO VANCOUVER

## News in brief

**RECOVERY** A B.C. boy attacked by a cougar in Washington state last week is recovering well at home in Rossland. The five-year-old needed several stitches to close two large gashes on his head.

**RESERVISTS** B.C. has extended job-protected leave to Canadian Forces reservists called on to support the 2010 Olympic and Paralympic Winter Games. Previously, reservists were only protected when deployed to take part in a Canadian Forces operation outside of Canada, or to assist with an emergency inside Canada.

**COLLISION** The Coquihalla Highway was closed for several hours yesterday during busy Labour Day traffic after a multi-car collision that injured six, including two seriously. The accident occurred south of Merritt in the northbound lane.

**FIRE** An electrical fire broke out on the new Canada Line guideway yesterday morning in Richmond. The fire was quickly extinguished, but forced the shutdown of the entire Richmond branch of the line. METRO NEWS SERVICES

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# HST protest in time for school

## Tax will mean $15 more per child for student supplies: NDP

JEFF HODSON
jeff.hodson@metronews.ca

**B.C. families will spend about $15 per child more in annual school supplies because of the harmonized sales tax (HST), New Democrats warned yesterday.**

School supplies, currently exempt under B.C.'s provincial sales tax, will be subject to HST when it takes effect next summer.

Lorrie Forseth, a single mother with two daughters, said the added expenses of school supplies, new clothes and haircuts will eat into her monthly food budget.

Forseth and her daughters were among about a dozen people that took part in an NDP-led protest outside a Staples store in Burnaby.

According to supply lists for a Victoria school, parents of a Grade 8 student would spend $246.36 on supplies, including $16.70 in HST.

"Anger is building," said NDP Leader Carole James.

"It's not simply anger at a tax that is going to make things more difficult ... it's the fact that they weren't honest with British Columbians.

"They didn't tell people they were going to bring in this tax during the election campaign."

New Democrats have collected almost 50,000 signatures on their petition to stop the HST.

The petition, James said, will be presented in the legislature in the hopes of pressuring the government to walk away from the tax.

James pointed to the failed privatization of the Coquihalla Highway as an example of the government changing its mind in the face of a strong public outcry.

When asked if an NDP-led government would scrap the HST, James refused to answer, saying that her job was "to stop it from coming in."

JEFF HODSON/METRO VANCOUVER

NDP Leader Carole James protests the HST outside a Staples store in Burnaby yesterday.

m.metronews.ca

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# Student traffic to test Burrard bike lane trial

**COMMUTE** The Burrard Bridge bicycle lane trial will face its second big test this morning as thousands of students head back to class at the close of summer vacation.

"The commute on Tuesday morning will be much busier for all of our roads and bridges," Vancouver Mayor Gregor Robertson, said in a release.

"As we look at the vehicle travel times along Burrard Street and over the bridge during the bike lane trial, we know it's going to take a bit longer to travel this route ... particularly for southbound traffic."

**"As we look at the vehicle travel times along Burrard Street and over the bridge during the bike lane trial, we know it's going to take a bit longer to travel this route ... particularly for southbound traffic."**
Mayor Gregor Robertson

The Burrard Bridge lane reallocation trial, which began July 13, transformed one southbound traffic lane into two bicycle lanes.

Preliminary data shows the morning commute southbound into Kitsilano increased by five to six minutes. The afternoon southbound commute was unchanged and the northbound trek into the downtown deceased slightly by around a minute.

"Historically, the day after Labour Day is a very busy day on city streets," Robertson said. "If it's a nice day, students will ride their bikes to school, there are many more people on transit and more vehicles on our roads dropping off students and commuting to work."

METRO VANCOUVER

# 14 arrested after standoff with RCMP at Surrey restaurant

**SURRENDER** Fourteen men have been arrested after a three-hour standoff with police at a Surrey restaurant.

RCMP Staff Sgt. Bruce Anderson said Mounties arrived at the restaurant just before 6 a.m. yesterday after receiving a report of shots fired.

Upon seeing police, a group of men who had been standing outside the restaurant suddenly ran back in and refused to come out.

Anderson said after lengthy negotiations, the men finally agreed to surrender.

Police don't yet know why the men barricaded themselves inside, but Anderson said some had been drinking.

Mounties have not recovered any weapons or shell casings at the scene.

THE CANADIAN PRESS

# Women ski jumpers seek clarification

**OLYMPICS** The group of women ski jumpers fighting to have their sport included in next year's Winter Olympic Games in Vancouver are asking the International Olympic Committee to clarify why they've been grounded.

"Specifically, we do not understand the phrase 'technical merit.' What criteria have we failed to meet?" the women ask in their letter.

The IOC had previously said the women couldn't jump because they didn't meet "technical merit." They were told they didn't have enough women participating in the sport at an elite level.

**2012**

- Women's ski jumping will be an event in the 2012 Youth Olympics.

The letter to IOC president Jacques Rogge asks how the criteria set for ski jumping compares to the set for ski cross, snowboard cross, luge, bobsleigh and skeleton — all have a similar number of women participants to ski jumping.

Lawyers for the women jumpers return to the B.C. Court of Appeal in November to ask for equal treatment. They either want women and men to be allowed to jump or both to be grounded.

METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

**Video** The bodies of two Canadian soldiers killed by a roadside bomb are coming home from Afghanistan after a ramp ceremony yesterday at **metronews.ca/world**

## Lotteries

**Friday, Sept. 4**
Lotto Super 7: 4, 5, 9, 10, 20, 33 & 36 Bonus 3
Extra: 21, 61, 69, 96

**Saturday, Sept. 5**
Lotto 6/49: 12, 13, 27, 32, 45 & 46 Bonus 18
BC 49: 4, 21, 26, 29, 30 & 40 Bonus 3
Extra: 67, 75, 95, 96

These results are not official.

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**No plans to raise minimum wage, says minister**

B.C.'s labour minister said the province has no plans to raise the minimum wage. Speaking on Labour Day, Murray Coell said that while B.C. may have the lowest minimum wage in Canada, the average hourly wage for full-time workers at $22 is actually higher than in most provinces. THE CANADIAN PRESS

## Man linked to local gangs killed in Calgary

**SHOOTING** A man with reported ties to B.C. gangs was killed and his brother injured in a shooting in Calgary on Sunday morning.

David Tajali, 33, was found about 2:30 a.m. suffering from gunshot wounds inside a black BMW, CBC News reports. He died later in hospital.

Tajali is believed to have been involved in a feud between rival Iranian gangs in the Lower Mainland.

A female passenger escaped without injury, while a second man, later determined to be Tajali's brother, walked to the hospital where he was treated for a gunshot wound.

According to news reports, Tajali and his brother had been the targets in several shootings in Greater Vancouver.

METRO NEWS SERVICES

## News in brief

**HIT AND RUN** The eight-year-old boy involved in a hit-and-run between a car and a cyclist in Jaffray last week has died. Robin Roo, 54, is charged with failing to remain at the scene of a collision.

**BACKPACKS** The province is donating 600 backpacks filled with school supplies to children from low-income families. The packs will be donated to the Salvation Army, which will distribute them in 20 communities around the province.

**POLICY** Vancouver's drug-policy co-ordinator Donald MacPherson has tendered his resignation, according to the blog of veteran civic reporter Frances Bula. METRO NEWS SERVICES

# Full-day kindergarten back in the spotlight

## Liberals promise it for next year, but NDP skeptical

**Anxious and rambunctious B.C. five-year-olds will march off to kindergarten for the first time today, but their school day will be much shorter than their parents may once have expected.**

The B.C. government promised last year that five-year-olds would have the option of attending kindergarten for a full day starting this fall, but the promise was quietly shelved. Now it's back after the pledge was renewed in last week's budget to begin the full-day program next year.

Better late than never, says an education expert.

### School facts

- About 650,000 students attend B.C. schools.
- Enrolment has declined by 53,000 students since 2001.

But Opposition NDP members maintain they'll believe it when they see it.

Education Minister Margaret MacDiarmid said the work of locating classroom space, finding and training teachers and getting the word out to parents contributed to the one-year delay.

"What we don't have is we don't have enough teachers right off the bat," said MacDiarmid. "We have to build that in. Not all the schools have classroom space ready."

But others, including the B.C. Teachers' Federation and the Opposition New Democrats, say money issues delayed all-day kindergarten this year, and next year doesn't look much better.

"We support the concept, but we are very concerned they are adding another level of service to a system already chronically underfunded," said BCTF vice president Susan Lambert.

"They're not adequately funding the current system." THE CANADIAN PRESS

## Lost toddler found alive in Yukon wilderness

**SEARCH** A two-year-old boy who wandered away from a campsite and spent a night alone in a remote, mountainous part of the Northern Yukon has been found alive and well.

The child, whose disappearance triggered a massive ground and air search, was located by Mounties Friday evening and police say it was the boy's love of animals that seems to have got him into trouble.

"He was with a dog and apparently this is what caused him to wander away in the first place," said RCMP Sgt. Don Rogers. THE CANADIAN PRESS

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**Man charged after shooting bear**

A man determined to protect his yard from an intruder faces criminal charges after he shot a bear with a bow and arrow. The bear died and the Hanmer, Ont., resident escaped injury following an incident yesterday afternoon near Sudbury. THE CANADIAN PRESS

# Canada

## MP told of journalist's progress

**Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by the Iranian government of being a spy, successfully defended himself in a trial on Aug. 12, 2009. Bahari, 42, had been on assignment in the country covering the presidential elections when he was arrested June 21 in a widespread post-election crackdown.** THE CANADIAN PRESS

## Military, feds subpoenaed

**AFGHANISTAN** A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

The Military Police Complaints Commission is trying to get around what it considers roadblocks to its investigation of allegations that first surfaced in 2007, accusing the Canadian military of handing over prisoners knowing they would probably be tortured.

Investigators say the reports have been overly censored. THE CANADIAN PRESS

# Slain soldiers coming home

## Canadian troops killed on Afghanistan mission reaches 129

**Maj. Yannick Pepin, the highest-ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.**

Yesterday, the bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, were being flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002.

Yannick Pepin

Jean-Francois Drouin

Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que. A military official at the base said Pepin was a native of Victoriaville, Que., and Drouin was born in Quebec City.

Pepin was the commander of the last two Canadian soldiers killed in Afghanistan. Roadside bombs kill more soldiers than any other means in Afghanistan. THE CANADIAN PRESS

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## Grits testing out election messages

**POLITICS** Listen carefully: You can hear the usual Parliament Hill yadda-yadda-yadda suddenly evolving into a higher form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and tested and is likely what Canadians will hear repeatedly should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minority Conservative government. That's when he road-tested the phrase "We can do better," later to be echoed in the party's new TV commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable asset in tackling complex economic and environmental issues. The Conservatives, say insiders, are still formulating their campaign themes. THE CANADIAN PRESS

## Halifax **Who is the best in show?**

RYAN TAPLIN/METRO CANADA

**Madison Bernardin gets a kiss from Gracie, a standard poodle, at the Halifax Kennel Club's 254th All Breed Dog Show yesterday. The Kennel Club holds five championship dog shows per year.**

## **News** in brief

**CRIME** Canadian legal history could be made this week when a Quebec man finds out whether he will become this country's first drunk driver to be declared a dangerous offender. The dangerous offender designation is usually reserved for the very worst criminals in Canada — like murderers and serial rapists. Roger Walsh pleaded guilty to a 19th impaired driving charge last December. THE CANADIAN PRESS

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**This Labour Day is special: Layton**
NDP leader Jack Layton said this year's Labour Day has special significance because so many Canadians have been left unemployed during the past year's recession. THE CANADIAN PRESS

# Observers puzzled over missing salmon

**By now, this much is clear: millions of sockeye salmon that were expected to swim up British Columbia's iconic Fraser River this summer in what was to be a bumper year for fishermen never made it home.**

That's about all anyone knows for sure, and some observers say years of poorly funded science that has yet to answer fundamental questions about the lives of salmon mean it could be a while yet before anyone figures out why so many fish appear to have died at sea.

"From a government perspective, it comes down to cutting and gutting their science and assessment departments," said Scott Hinch, whose research at the University of British Columbia focuses on salmon ecology.

"You could pick just about any aspect of the management cycle and the scientific assessment, and you can say, 'Well, we used to do this but we don't anymore.'"

This year was supposed to be a big one, with estimates predicting as many as 10.5 million fish would swim up the Fraser after spending two years in the open ocean.

But those estimates have since been dramatically reduced, now putting this year's Fraser sockeye run at just 1.37 million — the lowest on record.

THE CANADIAN PRESS

## Guesswork

- Theories abound over the salmon shortage, ranging from warming water temperatures, new predators, changes to the food supply, sea lice from fish farms.

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# Arctic methane leaking

ENVIRONMENT You can see them from shore along the Arctic coast or even in some northern lakes — seething domes of water churned up by gas escaping from deep below.

"The largest ones have the feeling of a hot tub," says Scott Dallimore, a scientist with Natural Resources Canada.

"They look like floating hot tubs out in the water. They're bubbling cauldrons of gas. They're quite spectacular.

"They're pure methane."

And that's the worry.

Unimaginable quantities of methane — a greenhouse gas 20 to 25 times more potent than carbon dioxide — are stored underground in the Arctic. Some of it is leaking out.

The consequence of all that seeping methane has become one of the biggest questions in climate science. But one thing is certain: The fact it hasn't been factored into previous global warming predictions means forecasts even as recent as the 2007 report from the Intergovernmental Panel of Climate Change are too conservative.

"(Methane) was not considered in any of the predictions at all," says Andrew Weaver, a Canadian researcher and one of the IPCC authors.

Methane is stored in organic material frozen into permafrost.

THE CANADIAN PRESS

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**German customs officer injured in explosion**
Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. THE ASSOCIATED PRESS

# World

## British cop pleads guilty

**A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham.**

THE ASSOCIATED PRESS

# Sudanese woman convicted of wearing pants, spared flogging

**A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging.**

A defiant Lubna Hussein said she would not pay a $200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year-old has set out to challenge the police and courts since her arrest in July by insisting the case go to trial, aiming to embarrass the Khartoum government with the publicity. Her prosecution — and the prospect that she could get the full sentence of 40 lashes — drew an international outcry.

**"I pray that my daughters will never live in fear of these police."**
Lubna Hussein

"I will not pay a penny," Hussein, who during the court session wore the same trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hussein said her case is not an isolated one but is emblematic of repressive laws in a country with a long history of civil conflicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

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# Three convicted in transatlantic jet plot

Ali

Sarwar

Hussain

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir Hussain, 28 were found guilty in Crown Court in London of leading a 2006 plan to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles.

Four other men were acquitted of conspiring to bomb airliners, but admitted to lesser charges — in one case conspiracy to murder. An eighth man was cleared completely.

The case brought sweeping new restrictions for air passengers, including limits on the amount of liquids and gels they can take on board.

British and U.S. security officials said the plan was directly linked to al-Qaida and guided by senior Islamic militants in Pakistan.

Authorities estimate that, if successful, about 2,000 passengers would have died. Had the bombs been detonated over U.S. and Canadian cities, hundreds more would have been killed on the ground.

Britain's Home Secretary Alan Johnson said the plot would have brought "murder and mayhem on an unimaginable scale."

Britain's MI5 spy agency believes the group planned to strike as many as 18 jetliners in two waves of bombings, and provoke further panic with attacks on U.K. power stations. Police say some would-be second-wave suicide bombers have likely evaded arrest.

THE ASSOCIATED PRESS

# Obama praises labour movement, asks for help on health care

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label," as he appealed to unions to help him win the health-care fight in Congress.

Shortly after becoming president, Obama confronted a rapidly deteriorating economy, a clogged credit system, failing or ailing banks and a shaky stock market.

He used his speech on yesterday's Labour Day holiday to tick off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad an agreement on what needs to be done." He accused vested interests of trying to thwart his attempts to bring health care to all Americans. Some union-circulated posters held up by audience members proclaimed, "Health Care Can't Wait."

For their part, some elements within the labour movement have indicated frustration with Obama — who was in Cincinnati to speak to a state AFL-CIO gathering — because some key items such as legislation making it easier for people to join unions has languished in Congress. To vigorous cheers, Obama made a pitch for the bill in his speech. He also noted that the first bill he signed into law was one guaranteeing equal pay for equal work. Obama spent a good deal of his time extolling the virtues of the union movement.

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama waves after his speech at the AFL-CIO Labour Day picnic in Cincinnati yesterday.

"It was labour that helped build the largest middle class in history. So, even if you're not a union member, every American owes something to America's labour movement," said Obama, whose run for the presidency was energized in no small part by unions.

THE ASSOCIATED PRESS

# Iran defies UN, new sanctions loom

**NUCLEAR** Iran veered closer toward the possibility of being slapped with tough new international sanctions yesterday after its president refused to stop enriching uranium and the UN nuclear watchdog warned of a "stalemate" with the country. President Mahmoud Ahmadinejad said Tehran is ready to talk with world powers about unspecified "global concerns" — but he insisted his government will not halt uranium enrichment. International Atomic Energy Agency chief Mohamed ElBaradei urged Iran to "substantively re-engage" with the international community. "Iran needs to respond fully to all the questions raised by the agency in order to exclude the possibility of there being military dimensions to its nuclear program," ElBaradei told the IAEA's 35-nation board of governors yesterday. THE ASSOCIATED PRESS

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**Albanian opposition boycott election results**

Albania's Socialist opposition boycotted an inaugural session of parliament Monday, claiming conservative Prime Minister Sali Berisha rigged his re-election victory in June 28 polls. THE ASSOCIATED PRESS

# U.S./Israeli rift deepening

**Israel officially approved the construction of hundreds of new homes in the West Bank, the Defence Ministry said Monday, deepening an already unprecedented rift with the U.S. over Israeli settlement expansion.**

The construction is the first approved by the government of Prime Minister Benjamin Netanyahu, who is under heavy U.S. pressure to freeze all settlement activity on captured lands claimed by the Palestinians for a future state.

Netanyahu, trying to placate the Americans, has said the newly approved homes are a prelude to a freeze, but that's been a tough sell internationally because Israel also plans to complete an additional 2,500 homes already under way.

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

**Palestinian construction workers build a new house in the Jewish West Bank settlement on the outskirts of Jerusalem yesterday. Israel officially approved the construction of hundreds of new homes in the West Bank, the Defense Ministry said deepening an already unprecedented rift with the U.S.**

Under the order, Defence Minister Ehud Barak authorized construction of 366 new apartments, the Defence Ministry announced. An additional 84 new apartments will be approved in the near future, bringing the total number to 450, the ministry said.

The order includes permission to proceed with construction of a new settler enclave in the Jordan Valley, an area that is considered vital to a future Palestinian state because of its rich farmlands and location deep inside the West Bank.

By rebuffing U.S. pressure, Netanyahu has tried to cement the support of a coalition that is committed to strengthening Israel's control over the West Bank.

At the same time, he has offered to slow construction afterward in exchange for overtures from the Arab world. This has not mollified the Americans or the Palestinians, who have demanded an immediate and total freeze.

THE ASSOCIATED PRESS

# Japan promises 25% GHG emissions cut

Japan's incoming prime minister promised yesterday to aim for a 25 per cent reduction in greenhouse gas emissions by 2020 — among the most ambitious cuts proposed by an economic power and significantly more aggressive than the current plan.

The reduction, which will be measured from 1990 levels, was immediately hailed by environmentalists, who are watching target proposals closely ahead of a major international climate conference in December. Prime Minister Taro Aso's current plan was to cut emissions by about eight per cent.

"Japan's change in government will bring a major shift to our climate change policies, through international negotiations for the future of human society, and I want to begin in a way that is said to have made a major contribution," said Yukio Hatoyama, who is widely expected to be named prime minister next week when parliament meets to choose Aso's successor.

**Yukio Hatoyama**

Hatoyama leads the Democratic Party of Japan, which won last month's elections in a landslide, pushing Aso's party from power for only the second time in more than 50 years. Hatoyama said Japan would adopt the 25-per cent goal, which was one of the Democrats' campaign pledges, in a speech at an environmental forum in Tokyo.

The pledge comes ahead of a United Nations conference in the Danish capital of Copenhagen, where world leaders hope to forge a new agreement to replace the 1997 Kyoto Protocol, set to expire in 2012.

In the run-up to the conference, proposed levels of greenhouse gas reductions have been a major point of contention, pitting environmentalists who say drastic cuts are needed against business leaders who are wary of increased costs.

THE ASSOCIATED PRESS

## News in brief

**RESULTS** At the Afghan polling station called Haji Nehmetullah House, every one of the 725 votes cast during the country's Aug. 20 election went to President Hamid Karzai. At another site, the incumbent got each of the precisely 400 ballots cast. Allegations of ballot box stuffing, voter intimidation and other fraud have been lodged following last month's presidential contest. An Associated Press examination of returns shows what officials said Monday appear to be highly suspicious results. Stations across Afghanistan's south gave Karzai 200, 250 or 500 votes, according to figures compiled by the Independent Election Commission. Observers say these neatly rounded numbers show patterns of fraud consistent with allegations that large-scale vote rigging took place in dangerous regions that observers couldn't reach. A senior Western diplomat alleged Monday a majority of the votes in three provinces are fraudulent. The diplomat spoke on condition of anonymity.

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## Comment

# Election will pivot on Iggy's image

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response.

The commercials, one in English, two in French, do not, like Conservative ads, feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a boy scout troop on a hike.

This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ignatieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-mindedness. Like other career politicians, Harper views politics as a mudfight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikable. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign. He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Canada needs new security watchdog

Reg Whitaker

Security and intelligence problems keep popping onto the national agenda, even though very few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each such inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end, while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process, able to report only on their own narrow institutional stovepipes. The report on Omar Khadr, for example, looks only at CSIS, even though the Canadian policy on Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to any ongoing scrutiny.

Over the years, each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law enforcement activities, as the present and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

**"It is time to institute an effective ongoing accountability process."**

It is time to institute an effective ongoing accountability process for the entire security and intelligence community, one that will remain in place ready to investigate and report on any and all issues that come up, without having to call for special, one-off inquiries. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized that the practice of security intelligence in the age of global terrorism has changed. Where standalone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it must also be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.

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**Toll of failed U.S. banks rises to 88**

Regulators on Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of U.S. banks that have failed this year under the weight of the soured econmy and rising loan defaults. THE ASSOCIATED PRESS

# Business

## Madoff probes bungled: Report

**The official at the Securities and Exchange Commission who later would marry Bernard Madoff's niece told investigators this year that if he had carefully reviewed a complaint about the disgraced financier's business, he would have investigated more deeply, a new report shows. The 477-page document, released Friday evening, paints in excruciating detail how the SEC probes of Madoff were bungled over 16 years.** THE ASSOCIATED PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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# Fans await Apple news

**Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.**

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that, while often far-fetched, can't completely be ignored. Sometimes, a bit of truth shines through.

In recent years, the California-based company has used its September event to unveil new iPods.

This year's event is along the same lines, if Apple's email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes. Detail-starved bloggers took a close look at the image and noted it's likely an iPod Touch, not an iPod classic. The observation has added weight to one rumour that Apple could discontinue the classic. Apple watchers are also looking out for the ninth incarnation of iTunes. THE ASSOCIATED PRESS

## Business in brief

**AUTO** Koenigsegg Group AB has secured the extra financing needed to complete the acquisition of Saab Automobiles from General Motors Corp., the Swedish government said yesterday. Koenigsegg Group signed a deal to buy the troubled Swedish car brand in August. THE ASSOCIATED PRESS

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# Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Eating out obviously takes a bigger chunk out of your wallet than food consumed at home.

**Alison's Money Rule:**

- When trying to lose weight, forget about the calories and concentrate on how much you spend on what you consume away from home.

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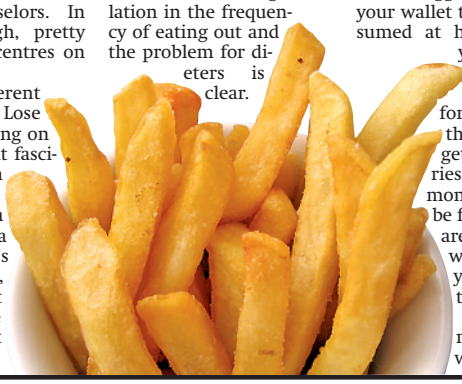
# Concentrate on your wallet to lose weight

AlisonOnMoney

The diet industry is a perennial money maker from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on money. A recent fascinating article in ethicurian.com by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Accountability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing but we tend to mirror Americans in our food spending.

Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the problem for dieters is clear.



Back in the 1970s, when disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government reports, estimates the percentage had risen to nearly 50 per cent by the end of the 90s. I'm willing to bet the figure is even higher today.

Obviously, eating out takes a bigger chunk out of your wallet than food consumed at home, though you do get a lot more caloric bang for your buck. If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well, you get the picture.

So here's the money focused weight loss solution. Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheque and once it's gone, your dining out is done.

You'll save money and cut calories at the same time — now that's a diet!

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

# Investing in timeshares should not be for profit

MoneyMatters

**Q My wife and I recently returned from a vacation. We got great tans and are the proud owners of a timeshare in Mexico. Initially, my wife was against the idea but I convinced her of the investment side of owning. In less than five vacations we would spend the equal cost of owning. What are average returns in this industry?**

**— Thomas**

A Individuals should never purchase a timeshare as an investment. I should however, qualify this as, never purchase a timeshare with the intent of selling at a higher price. There are many things that can be considered investments.

Purchases can generally be divided into two categories. Assets that appreciate and those that do not. Assets that appreciate would be real estate, stocks, art etc. Assets that depreciate would be automobiles, televisions, etc. Although, both offer some sense of satisfaction, depreciating assets seem to give more emotional satisfaction.

I have yet to hear of a timeshare that has increased over time. That in itself, does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

**Food for thought**

Don't buy a timeshare for:
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- Without a lawyer
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- With a credit card
- Under pressure to sign "now or lose the deal"

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**By the numbers**

According to an RBC poll, 35 per cent of returning college and university students and 43 per cent of new students feel that they can only stretch their spending money as far as the Christmas break. NEWS CANADA

# Student ¢ents

## Find options

**Some students might opt to take on additional job hours, cut their course load, and take an extra semester to control their finances. Other students feel they can take on a little more debt.** NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

# Have fun, on a budget

RAFAEL BRUSILOW
for Metro Canada

To save money, why not get your friends together for a DVD night? Rentals are cheap, and microwave popcorn costs next to nothing.

**Even bookworms need to have fun sometimes, but there's just one problem for most entertainment-starved students: lack of cash.**

Fear not, for while your personal finances might elicit a poorly disguised giggle from the bank teller, you can still have plenty of fun for a dime with these tips below.

### Bag it 'n' bring it

Picnics are killer for social fun and they're cheap as all heck, plus you can do them just about anywhere. Head to the park with friends and a guitar for a midday soiree, or camp out in your college quad for some after-class fun with snacks and bevvies. Great for a romantic option on the cheap too.

### The play's the thing

Live theatre can be quite cheap for students, with tickets often going for half the price of regular seats. Check out your campus theatre especially — you can often find some good shows for about $5-$8. Students in Ottawa and Calgary take note: the National Arts Centre offers unsold tickets to professional shows for $11 to students. In Toronto, hipTIX offers performing arts tickets for $5 to students as well.

### Cinema de couch

For some students, the DVD player can become like a second mother — and for good reason. Rentals are cheap, or free if you borrow a disc from a friend, and a big TV can let plenty of people watch. Theme nights can be a blast ('70s horror? Comedies starting with the letter 'A'? Schwarzenegger?) and microwave popcorn costs next to nothing.

### Get active

Most campuses have rec centres that you've already paid for a membership to (remember all those brutal fees?) so get moving! Join an intramural team for active, social fun or get people together for a group workout. A scenic bike ride around town offers free travel and exploration too.

### Chat it out

Round up some like-minded people for a regular coffee'n'chat session. Hip coffee shops are usually in abundance around campus and even ultra-expensive coffee usually maxes out at about $4, meaning you can debate vampire lore to your heart's content without having to spend much. Make it a weekly thing and switch topics regularly to keep things fresh.

### Volunteer

Not only is volunteering a great experience, it costs you only time and you'll often get fed for free. It's also a much underrated date option if you volunteer together — you'll get to know each other's real personalities a lot quicker when you're interacting with people in a helping scenario.

## Where to get good stuff — for free!

There is one universal price all students can agree on, and that price is FREE.

Free stuff is the holy grail of just about any student's financially challenged life and finding great giveaways is not necessarily as hard as you might think. Here are a few places you can look:

- **Craigslist.org.** Yes, there is a "Free" section on this now-ubiquitous site, which has branches in dozens of Canadian cities and yes, people who post here really are giving their used stuff away for nothing. Furniture tops the list of worthwhile items that you can often get for free, but books and appliances are popular giveaways too. An example of some recent giveaways in the Toronto area: 50" rear-projection TV, and a set of bookcases.

- **RedFlagDeals.com.** A popular site that screens free online offers to make sure they are legit. Just about anything might pop up here, but keep in mind that for most free offerings, you'll be expected to sign up to a site or fill out a survey (usually mentioned in the item's posting). An example of some recent giveaways: a Vancouver Canucks fan pack, and an IT certification study guide.

- **Totallyfreestuff.com.** Solid site that offers plenty of vetted Canadian deals. Similar situation to RedFlagDeals with signing up/survey-filling. Example of recent freebies: teeth whitening package, and a free MP3 download of your choice from Amazon.com.

- **Canadianfreestuff.com.** Smaller list of free postings, but it has a huge forum where freebie-seekers trade tips, tricks and freebie leads they have already vetted themselves. Great user-written guides on hunting free stuff too. Recent forum postings: free Quaker Oats granola bars, and a free vegan starter kit.

– RAFAEL BRUSILOW /FOR METRO CANADA

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**Pirates set futility record**
The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. METRO NEWS SERVICES

# Sports

## Throwing to the Lions

**Matt Stafford, left, has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team yesterday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. The Lions are coming off the first 0-16 season in NFL history.**
THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

# Balsillie boosts bid

## Offers as much as $245.5M US for Coyotes

**Jim Balsillie is upping his efforts to bring the Phoenix Coyotes to Hamilton.**

The co-CEO of Research in Motion has increased his bid for the NHL club to as much as $242.5 million US, according to documents filed by Balsillie's lawyers in an Arizona bankruptcy court last night.

Balsillie had been offering $212.5 million since the team was placed in Chapter 11 bankruptcy back in May.

The change is intended to address concerns raised in court by unsecured creditors and could see the City of Glendale — where the Coyotes play their home games — receive an additional $50 million. That money is intended to release the team from its 30-year lease for Jobing.com Arena.

In court filings, Balsillie's lawyers acknowledge that Glendale would suffer "significant damages" if the team is allowed to moved, but argue that the city would be better off with his offer than the one put forward by the NHL.

Balsillie's new offer also extends the court's deadline to accept the sale from Sept. 14 to Sept. 21 and comes with a closing date of Oct. 2.

THE CANADIAN PRESS

### Other bids

- The NHL tabled a bid of $140 million for the Coyotes and intends to keep the franchise in the desert for the time being. A third potential buyer, Ice Edge Holdings, has said it would spend up to $150 million to buy the team, contingent on reaching an agreement with Glendale on a new lease.

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*Find out how to scan this barcode on pg 3*

## CFL Labour Day classic

JEFF MCINTOSH/THE CANADIAN PRESS

**Edmonton Eskimo Mark Restelli tries to strip the ball from Calgary Stampeder Joffrey Reynolds in Calgary last night. The Stamps won 32-8. Elsewhere over the long weekend, B.C. beat Montreal 19-12, Saskatchewan beat Winnipeg 29-14, and Hamilton beat Toronto 34-15.**

## Another day, another upset for Oudin

**U.S. OPEN** Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Melanie Oudin

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova.

In men's action, No. 1 Roger Federer beat No. 14 Tommy Robredo 7-5, 6-2, 6-2 for his 38th straight win at the U.S. Open. In the quarter-finals, Federer will face No. 12 Robin Soderling, who he beat in the French Open final. THE ASSOCIATED PRESS


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**Learning Curve** is a monthly feature that focuses on education and student life.

# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

# Schools focusing on safety

RAFAEL BRUSILOW
for Metro Canada

**Good security is crucial to a safe campus and requires a combination of traditional and technological approaches to make places of study safe for students.**

At the University of British Columbia, the growing excitement of the upcoming 2010 Olympic Winter Games has also seen an increase in security preparation through good old-fashioned boots on the ground. UBC has boosted staffing levels to about 100 security staff and created a zone-patrolling model where each area of the campus is patrolled on foot simultaneously, 24 hours per day, seven days a week.

UBC campus security director Tony Mahon says his team is always collecting and analyzing statistics on movements of people throughout the school and making changes on-the-fly.

"We do an awful lot of statistical analysis so that we are ready to strategically deploy people in the right place at the right time," Mahon said.

**"We want our students to be our partners and we rely on them as partners in making campus safe."**
Gary Jeynes

It certainly can't hurt that the RCMP has kept a 17-person detachment directly on campus for many years at UBC. Still, despite the strong in-person presence of security staff on campus, the school hasn't eschewed the power of technology, operating a digital emergency response system that sends important alerts instantly to students through text and voice messaging and even through instant messaging.

At Humber College, technology is at the forefront of security with a digital closed-circuit television monitoring system, including more than 200 cameras across campus, including within residences. Combined with regular foot patrols, the camera system means campus security can monitor suspicious activities instantly and be on-site in less than a minute — not bad for a campus that spans more than one million square feet.

Most importantly, Gary Jeynes, director of Public Safety at Humber College, says students themselves are a crucial part of the safety picture.

"We want our students to be our partners and we rely on them as partners in making campus safe. I always say we have 18,000 pairs of eyes on campus," Jeynes said.

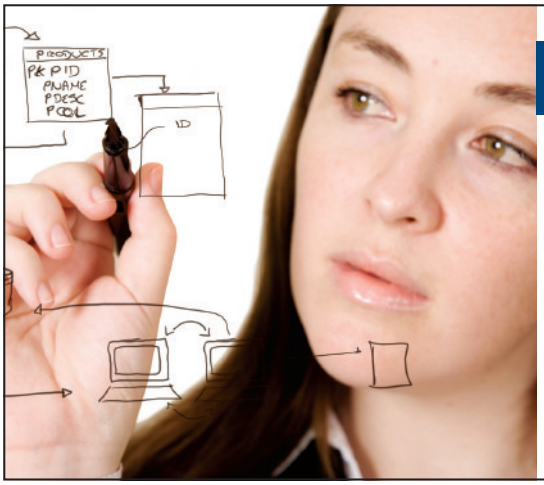
The school also has about 100 large emergency phone stations dotted throughout campus equipped with cameras and an intercom system that can pick up sounds clearly from up to 50 feet away, letting security staff hear exactly what's happening during an emergency, even if they can't see it directly.

Jeynes says most students entering higher education these days are much more knowledgeable about personal safety than previous generations, so Humber gears safety orientations more towards educating students about how to make the most of campus security services.

"The kids coming through from high school are pretty street smart. They're very bright people and my view is very few of them do things wrong — they might just not know how to access important resources," Jeynes said.

THOMAS BARWICK/DIGITAL VISION

At the University of British Columbia, there's a digital emergency response system that sends important campus security alerts to students through text and voice messaging, as well as through instant messaging.

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TECHNOLOGY CHANGES EVERYTHING
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**Learning Curve** is a monthly feature that focuses on education and student life.

# Your safety is 'up to you'

RICHARD WOODBURY
for Metro Canada

**The key to staying safe on campus revolves around using common sense and taking responsibility for one's own actions.**

"It's now up to you," says Chris Goss, the operations manager of the University of Waterloo Police Service.

Goss says there are supports available at the university and he encourages students to use them, but ultimately it comes down to personal responsibility.

At campuses across the country, schools focus on educating first-year students about what they should and shouldn't be doing to remain safe on campus. Most schools also have things like safe walk programs, counselling services and emergency phones in place to make the campus a safer place.

Goss says it's important students be aware of the resources available before they need them. He also recommends students get to know their campuses and find out where things are located.

The biggest safety issue at Canadian universities is theft, says Bill Mowbray, the director of campus security services at the University of Alberta in Edmonton.

He says students should never leave behind their personal possessions, even if it's just for a minute. Mowbray also recommends that bike riders get proper locks for their bikes and not just use a chain lock. For students in residence, he recommends locking the door if they leave their rooms.

Mowbray's advice is simple when it comes to preventing theft: "Lock it up or take it with you."

The newfound freedom of being away from home for the first time, along with the stress that can come with it means some students turn to alcohol.

"Drinking to excess brings with it its own issues," says Mowbray, such as loss of property and physical and sexual assaults.

"Don't drink to excess," he cautions. "Have a good time. Have a couple drinks with your friends, but always be aware of what's around you."

Although university campuses are safe, people must not get complacent, says Mowbray.

"University campuses are the safest parts of our city," he says. Historically, they have been that way. People get lulled into that false sense that it's always that way."

If something is wrong, students must talk to somebody, says Gayle Churchill, the director of student life at Mount Allison University in Sackville, N.B.

"That's the big thing," she says. "To take that step to talk to somebody, whatever it might be."

DIGITAL VISION PHOTO

Most schools have safe walk programs, counselling services and emergency phones to keep their students safe on campus.

# SFU's acclaimed pipe band brings home medals from Scotland

ANDREA WOO
for Metro Vancouver

**"The music is fantastic and the sound of the pipes is very unique; so many people hear the pipes and they just love the sound."**
Pipe Sgt. Jack Lee

Just weeks after winning its sixth world championship as a group, Simon Fraser University's acclaimed pipe band took home a few more medals at the Northern Meeting in Inverness, Scotland.

The Northern Meeting, which took place Thursday and Friday, has been held annually for 210 years and is billed as one of the most prestigious solo events in the piping world. Only 100 pipers are invited each year, and they come from around the world, including countries such as the United States, Canada, England, Ireland, Germany and New Zealand.

Nine members from the SFU pipe band were invited: Pipe Sgt. Jack Lee of Surrey; his sons Colin and Andrew Lee; nephew Alastair Lee of Coquitlam; Xavier Boderiou of France; Will Nichols and Jori Chisholm of the U.S.; and James and Calum Beaumont of Scotland.

On the first day, Calum Beaumont placed fifth in the Highland Society of London Gold Medal and third in the A-Grade MSR; Alistair Lee placed fifth in the silver medal; and Colin Lee placed fourth in the A-Grade MSR.

On the second day, Jack Lee placed third in the clasp, while Alistair Lee placed fifth in the B-Grade March and second in the B-Grade Strathspey and Reel.

"It's a thrill," said Surrey native Jack Lee, who has attended the Northern Meeting for 30 years. "I love it. I love competing with these people. We're all the best of friends and they're terrific musicians. I love the challenge of competing at that level."

The competition, he explains, is a "hierarchal operation," and that pipers must win a silver medal before competing for a gold medal, and subsequently must win a gold medal before competing for the clasp. Despite being good friends, he calls the Northern Meeting atmosphere "intense."

"It's friendly but serious, because the competition only comes around once a year," he said.

Lee says bagpiping is growing in popularity around the world, across nationalities and ethnicities.

"The music is addictive," he said. "The music is fantastic and the sound of the pipes is very unique; so many people hear the pipes and they just love the sound. I'm in that camp myself."

On Aug. 12, the SFU pipe band won its sixth world championship — its second straight — in Glasgow.

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**Learning Curve** is a monthly feature that focuses on education and student life.

# Schools prep for H1N1 flu

**As students stock up on school supplies and get ready to hit the books this fall, post-secondary institutions are making preparations of their own, fine-tuning their action plans in the event that H1N1 flu cases surface on campus.**

The Public Health Agency of Canada says that under the Canadian Pandemic Influenza Plan, all large institutions — including colleges and universities — are encouraged to have pandemic preparedness plans.

But when it comes to emergency planning, universities are hardly starting from scratch. In fact, many are tailoring existing strategies to address a potential flu outbreak and the possible ripple effects that could have an impact on school life.

Both Montreal's McGill University and Simon Fraser University in British Columbia had much of their planning done to address another strain of flu — H5N1, or avian flu.

Dr. Pierre-Paul Tellier, director of student health services at McGill, said the university has been much more active since the H1N1 epidemic was observed in Mexico this past spring and later declared a pandemic.

Tellier said there are weekly planning meetings involving individuals representing various groups including human resources, student representatives and communications staff.

**"If you're able to prepare a lot of this ahead of time prior to an episode occurring ... then it makes it easier."**
Dr. Pierre-Paul Tellier of McGill University

They are preparing documents to go out to students arriving in residence telling them what to do if there is an issue surrounding H1N1, how to take care of themselves and where to seek care. In addition, a website is being developed to provide information to students, parents and staff.

"The worst part of any of these health crises is not the disease itself," said Tellier. "It's really dealing with the population around who become very anxious and very stressed and that you have to ... constantly clear up issues and matters on an ongoing basis, and that's where a lot of your energy is spent.

"If you're able to prepare a lot of this ahead of time prior to an episode occurring ... then it makes it easier."

Part of the contingency planning also addresses what to do if faculty or staff are out of commission. Every unit is being asked to identify essential services and key individuals and to ensure they have trained backups for their positions, Tellier said. Professors are also being encouraged to record lectures or organize material for students to access if they can't attend class, he said.

Apollonia Cifarelli, director of environmental health and safety at Simon Fraser University, said educating people on infection control has been their primary focus.

In addition to spreading the word about sneezing etiquette and proper hygiene techniques, they are encouraging faculty to do the same by providing information to students and making them aware of health services on campus.

Students in residence are being provided with personal containers of gel or sanitizer to further drive home the message about hygiene. Dorm leaders or community advisers would act as the eyes and ears of the floor and as a link to administration, providing updates if necessary if students get sick.

People are infectious two days before they show any symptoms, so quarantining them isn't very productive, experts say.

An area has been identified where those living on campus would be relocated if they fall ill. Cifarelli said it isn't a quarantine, but rather an area where they can keep an eye on students and provide essential support.

"People are infectious two days before they show symptoms, so quarantining people is really not going to do a heck of a lot," she said from Burnaby.

Medical care would fall to health services, but if symptoms are more severe, it might be recommended that students be transferred to a hospital, she said.

The university also has a mass communication system in place to send out messages by phone, email or text if necessary, although it is only put in use in the face of an imminent emergency, Cifarelli said.

"We are reminding people this is really, in essence, this is the flu — it's the seasonal flu," she added. "The main difference is that we have no vaccine for this flu at this point in time, and we do know that because younger people have not had a lot of time to develop immunities to viruses they might be more vulnerable."

THE CANADIAN PRESS

# VCC's baking, pastry students make mammoth cake for PNE

ANDREA WOO
for Metro Vancouver

To celebrate Canadian big band leader Dal Richards' 70th year at the Pacific National Exhibition Monday, PNE officials presented him with a mammoth eight-by-4.5-foot cake — one created by students of Vancouver Community College's baking and pastry arts program.

"It was a little bit tricky, for sure," said department head Susie Findlay of the creation, designed to feed about 1,000 people. "We made the filling and decorations maybe a couple weeks in advance. A couple days before, we finished covering the cake with icing and then put on the decorations."

The college's award-winning baking and pastry arts program has been called one of the best in the country. Findlay credits the acclaim to the combination of theory and practice taught at VCC, noting it is not offered at many other schools.

SUBMITTED PHOTO
Vancouver Community College baking and pastry arts instructor Elizabeth Jang, centre, with former students.

"The theory is really one of the things that distinguish a professional from an amateur, understanding ingredient composition, properties, environmental effects, and mixing methods on your batters and doughs," she said. "The more you understand how things work, the more you're able to manipulate them to do what you want them to do."

Findlay said the course is 10 months, with a maximum of 16 students per class. After six months of foundational studies that include general baking and yeast doughs, all students take a two-month introduction to cakes and pastries before choosing either a pastry or baking concentration.

Graduates — up to 130 per year — can then go on to work for restaurants, hotels, supermarkets, bakeries and pastry shops.

"It's definitely a labour of love," said Findlay. "It's not terribly well paid, but it's really, really rewarding and there are many, many self-employment opportunities as well as corporate employment opportunities."

An information session on VCC's baking and pastry arts program will be held on Wednesday, Oct. 7 at college's downtown campus. It is one of almost 20 information sessions that will take place over the next five weeks, with other programs including administration and supervision, culinary arts, dental hygiene, esthetics and hair design.

For more, go to vcc.ca.

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**Learning Curve** is a monthly feature that focuses on education and student life.

# Coming soon: Capilano film centre

LINA TOYODA
for Metro Vancouver

**A new state-of-the art film centre is coming soon to the School of Motion Picture Arts at Capilano University in North Vancouver.**

Slated to open in the fall of 2011, the new centre will house the largest film school currently in western Canada.

"It's important for us to deliver a solid education that includes all aspects of filmmaking, from the most mundane business side to the most exciting creative side, and all of the technical aspects," said Capilano Film Centre director Bill Thumm. "We want to deliver a program with the best tools."

A ground-breaking ceremony was held on Aug. 24 to celebrate the $30-million investment, a jointly funded project by the provincial and federal governments in hopes to stimulate growth in the economy, both through job creation and investing in the burgeoning film industry in B.C.

Thumm said it has always been a goal to create a local industry with good, competent and creative people in Canada.

CANNON DESIGN

Artist's rendering of the new film centre for the School of Motion Picture Arts at Capilano University.

"The fact is, the building we have now is old and housed in two stacked portables. It's been a challenge to deliver a program in a space that is falling apart and not big enough," Thumm said. "We're always having to adapt."

The new centre, now in its planning stages, will feature sound stages, sound editing and mixing facilities, picture editing suites, green screen technology, high definition and 3-D screening rooms and a theatre for Capilano University's School of Motion Picture Arts.

Thumm says that staying current is hugely important in the film industry where hardware, software and camera technology are changing very rapidly.

Offering a range of programs, the school encompasses all of the film-related career paths including Motion Picture Production, Documentary, Cinematography, Costuming, Entry Level Craft Training, and the Indigenous Independent Digital Film Program.

"It will allow us to expand our horizon into visual effects and gaming," Thumm said. "It provides an industry-standard facility for production and post-production."

One of 11 projects in an effort by the provincial government to create jobs and revitalize infrastructure throughout B.C., it is also a part of the federal government's two-year, $2-billion plan to renovate and expand post-secondary facilities across Canada.

"The building they're using now is 38-years-old and the new centre will be built to modern and green standards," said Shelley Kean, manager of public affairs at Capilano University.

Kean says the university is grateful for the funding and that the project would not have happened without it.

"It's also a testament to our graduates who are winning award after award," Kean said. "At the New York, Whistler and L.A. film festivals, from best cinematography to costuming."

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**Learning Curve** is a monthly feature that focuses on education and student life.

Add some personality to your space by choosing bedding with vivid colours and upbeat prints.

# Tips to transform your dorm

**Thousands of 18- to 22-year-olds will be leaving home and heading off to university or college this fall.**

Dorm rooms generally have an institutional feel with a standard bed, dresser, desk and plain curtains. But students looking for simple, affordable ways to transform their dorm rooms into stylish and comfortable digs need look no further than Sears.

**Colourful bedding**

Dorm room painted the standard beige or grey? Add some personality to your space by choosing bedding with vivid colours and upbeat prints. The colour will energize your room and create a more welcoming space.

**Eco-chic windows**

Dorm room curtains are notoriously ugly. Why not replace them with eco-friendly roman-style bamboo shades or bamboo matchstick roll-up shades? They are on-trend and can add style to any room. Sears has bamboo shades in an assortment of sizes and colours sure to fit any window. Just don't lose the original curtains as you will probably need to put them back up at the end of the school year.

**Warm lighting**

Lighting is very important to creating a cosy and comfortable room. Lamps are decorative, come in a variety of heights, and are a relatively inexpensive way to add dimension and style to your room.

**Cosy rugs**

A rug can be a practical and stylish fix for a dorm room that comes with old wall-to-wall carpeting or cold vinyl tiles. The addition of an area rug is a simple way to transform your room into a more comfortable and inviting space.

**Focal wall displays**

One thing you are definitely going to need is pictures of family and friends. Display your cherished photos in frames in a variety of styles and sizes. Group the frames together and hang them on a wall to turn your personal photo collection into an attractive focal point in the room.

**Versatile throws**

A throw can add instant colour and affordable comfort to your room. Display the throw anywhere in the room, like a couch or a bed, and use it to wrap yourself up on cold winter nights when you are studying for exams. Purchase two for nights when you are studying with a friend.

NEWS CANADA

## Buying books online easy

For university and college students, the start of a new semester means a new "required reading" list. School bookstores are the usual go-to destination to get textbooks and other such material for class, but a growing number of budget-conscious students are turning to online sites like eBay and Kijiji in search of new and used books.

Today, textbooks for most Canadian university and college courses are found online and are sometimes offered at an 80 per cent discount.

Here are the ABCs to buying texbooks and other course material online:

**A** **Forget your spelling.** If you're using sites like eBay, guess the possible misspellings of the book you intend to buy. Many misspelled items usually go unnoticed by buyers; less bidding competition means more chances of winning the auction at a lower price.

**B** **Help protect your online self.** Choose a secure password to help protect account information and take advantage of payment services like PayPal to set up a single account that can be used to purchase from millions of merchants around the world.

**C** **Understand the costs.** Before committing to your online purchase, make sure to calculate all associated costs including taxes, duties/fees and shipping charges.

By using the power of the Internet, savvy students can find great deals online.

NEWS CANADA

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# Free online resources can make hitting the books more fun

Are you looking for a way to regain the study habits you've lost over the summer?

Check out these free online resources available through the Virtual School Society's educational portal LearnNowBC.

**Charged up for Math and Science**, available 24 hours a day and seven days a week, gives students the opportunity to sample provincial exam questions and also offers streaming video explanations.

**StudyBUZZ**, available 24 hours a day and seven days a week, allows students to test themselves and assess which areas of study require more review and practise.

**Live Tutor**, available Sundays through Thursdays from 6 p.m. to 10 p.m., provides students with the ability to speak to peer tutors, as well as to access course content and sample tests.

Students can also find out about academic and careers options available to them by checking the resources in the advising section of the site.

Academic Advising offers information on course selection, prerequisites, graduation planning and post-secondary options and planning. A dedicated academic adviser can be reached by email at academic_advising@learnnowbc.ca or at 1-888-952-4285.

Trades and Career Advising offers information on apprenticeship opportunities, work experience options, help evaluating career options and post-secondary options and planning. A dedicated trades and career adviser can be reached by email at career_advising@learnnowbc.ca or at 1-800-663-3381, ext. 2460.

NEWS CANADA

**Learning Curve** is a monthly feature that focuses on education and student life.

# Get practical at UBC

LINA TOYODA
for Metro Vancouver

It's a competitive world out there and these days, every employer is asking for related work experience. So how do you get work experience when you're just starting out?

Practical learning is the way industry is evolving, says Allan Dias, internship co-ordinator at the University of British Columbia.

"University and college programs have been steadily growing practical education programs because they want to better prepare their students for life after graduation," he said.

Dias says internships and co-op programs give students a competitive edge. "At graduation, students have work experience directly in the field they have interest in, and have established some connections already. Right away, you have a leg up."

Armchair theorizing has a place only in textbooks today. "A classroom doesn't tell you how to manage a budget," Dias said.

In addition, many of today's students are non-traditional in the sense that they are not all undergraduates between the ages of 18-24. Adult learners make up a large proportion of those going back to school, whether for retraining, upgrading their skills or making a career move, said Dias. Practical education programs allow these students an opportunity to "test the waters" before entering the workforce.

Co-ops, internships and apprenticeship programs are different types of practical education. Co-op programs, generally offered in most faculties — like art, music and engineering — are usually longer-term full-time paid positions, which alternates four-month intervals of work and academic semesters.

Because internships are typically unpaid, short-term placements — from three to eight weeks — it fills the gap in a company for projects that may not otherwise exist because of costs.

A UBC student who interned at Thomson Reuters as an accounting intern gets help from her manager on a project.

A UBC student who interned with the Vancouver Canadians baseball team. He helped out with team operations.

"An unpaid internship doesn't mean it's all grunt work, either," he said. "It can offer opportunities that you may never get in any other way." Dias said one of his students at UBC was recently placed in an internship to assist a marketing manager, and sat in on executive meetings to develop a marketing plan for the upcoming 2010 Olympics.

Apprenticeships are most often found in trade programs. The practical training portion of the program involves an agreement between an apprentice and a sponsor organization where the apprentice provides labour at a reduced cost in exchange for training, said Dias.

They are all hands-on learning experiences, where a professional in the field guides the student, who gains invaluable work experience alongside a degree, diploma or certificate.

If you don't know what's going to happen when you graduate, says Dias, practical education will let you test-drive a career and graduate with an edge.

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A still from Rated Argyle, a 30-second public service announcement created by Emily Carr students.

# Carr students create PSA

ANDREA WOO
for Metro Vancouver

**When British Columbians catch a movie at Cineplex, Empire and independent cinemas this fall, one of the previews they might see is a 30-second public service announcement (PSA) created by students of Vancouver's Emily Carr University of Art and Design.**

In January, Consumer Protection B.C. asked students from post-secondary film schools across the province to create 30-second PSAs that would explain film classification to the public in a fun and entertaining way. After seven months of work, Team Argyle, comprising six students from Emily Carr's Collaborative Animation course, took home the top honours with its entry, Rated Argyle.

"For the submission, we prepared a leica reel — a series of timed stills (set) to our music — some mock-ups of final animation, and lyrics to the song that we wrote for the piece," said director Stephanie Blakey. Team Argyle was then one of the four teams, narrowed down from more than 25 submissions, to receive $10,000 to produce their PSAs.

The final product is a 30-second musical skit in which a character in an argyle sweater vest intrudes on various movie scenes, slapping classification stickers on to the movie character's faces.

"All the while," explains team member Chelsea Ker, "this character is singing a show-tune-like song, explaining the company and what they do."

Blakey says the idea for the main character walked, quite literally, through the door.

"One of the Consumer Protection B.C. representatives ... happened to be wearing argyle the day they came to the school to tell us about the competition," she said. "We named the character after him and he became a mascot of the team." The title Rated Argyle, she added, is a play on "Rated R."

Carmen Wong, another team member, called the experience a rare opportunity.

"To have the opportunity to be funded to do something I love was an incredible offer," she said. "To have our work shared with people all over British Columbia is an even more amazing opportunity."

Team Argyle is rounded out by Sterling Richter, Toni Zhang and David Nguyen, who came up with the PSA's original concept. Session faculty member Darren Brereton instructed, with supervision by associate professor Martin Rose.

## More online

- To view the public service announcement the students created, go to bpcpa.ca.

PHOTO SUBMITTED

Kwantlen graphic design for marketing student Erica Craig, recipient of the Millennium Excellence Award.

# Kwantlen student earns top award

ANDREA WOO
for Metro Vancouver

**Erica Craig nearly missed the memo that she was the recipient of the prestigious Millennium Excellence Award.**

"The emails they had tried to send were going to my junk mail folder and after two weeks, the folder deleted its contents," said the third-year graphic design for marketing student at Kwantlen Polytechnic University. "It was such a shock to find out weeks later that I had actually won, especially after thinking I didn't."

According to a KPU press release, Craig was presented the award for her "inspiring leadership, academic excellence and outstanding contribution to the community."

In high school, she volunteered as a volleyball coach and music instructor, and has also served Christmas dinner at the Union Gospel Mission.

"Community is all about caring for the people around you," said the White Rock resident. "I grew up in a family that regularly attended church and it was there that I first realized the need to give back to my community, especially those who were not as fortunate as me."

She says the award — a scholarship worth $4,500 — will go toward her last two years of schooling at Kwantlen.

Craig currently does ad design for a newspaper in Valemount as well as logo and clothing design for a film company called Summit Savages. After graduation, she says the possibilities are endless.

**"It was such a shock to find out weeks later that I had actually won, especially after thinking I didn't."** Erica Craig

"Honestly, I don't think there's one part of graphic design that I don't want to dabble in," she said, citing corporate branding, web, package, publication and ad designs.

"I (also) have a real passion for music and would love to work with various musicians, visually representing them through different varieties of print and web media."

She also noted that part of the reason she decided to go into graphic design was because she knew early on she'd like to have children one day.

"When I do have children, I want to be there for them and raise them myself," she said. "That's why I chose a career that gave me the option to work from home when the time comes."

The award comes from the Canada Millennium Scholarship Foundation, a private, independent organization created by an act of Parliament in 1998. Since 2000, it has delivered more than half a million scholarships and bursaries worth upwards of $2.2 billion to students across Canada.

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| **Office Administration**<br>Wednesday, Sept. 9, 5:30 p.m. – room 419 | Downtown |
| **Addiction and Community Counselling Skills**<br>Wednesday, Sept. 9, 6:30 p.m. – room 420 | Downtown |
| **Business and Technical Writing**<br>Wednesday, Sept. 9, 6 p.m. – room 218B | Downtown |
| **TESOL programs**<br>Thursday, Sept. 10, noon – room 206 | Downtown |
| **ESL Homefront Learning – Volunteer Tutoring**<br>Tuesday, Sept. 15, 7 p.m. – room 3709 | Broadway |
| **English as a Second Language**<br>Wednesday, Sept. 23, 6:30 p.m. – room 1212 | Broadway |

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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## New season, new plan

### September is a great time to get serious about fitness

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

**Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.**

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Vancouver.

"As the summer barbeques and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some tips from Banks:

• Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

• Try something new: Take a chance and sign up for something you've never tried before. For example, you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new skills that you'll forget that you're doing exercise!

• Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends, you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

The benefit of walking or running with friends is bolstered by doing some resistance training and stretching afterwards. The old standbys – push ups, sit ups and squats – are good. If you haven't done these in a while, here are two beginner bootcamp exercises Banks suggests. No equipment is needed — just a park bench:

1) Bench Squat – Stand in front of the bench facing away from it and start to sit down. Just before your rear end touches the bench, stop and hold for a count of five, then stand up. Repeat 20 times.

2) Bench Push Up – Face the bench. Put your hands on the seat (difficult) or the back (easy) of the bench. Keeping your abs tight and your hips and back straight, bend your elbows to 90 degrees, hold for a count, and then straighten your arms. Your wrists should be in line with your shoulders throughout the movement. Repeat 10 times.

## Single women prefer attached men: Study

I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend is already interested in him.

Hitting on a girlfriend's guy when they are already dating is definitely out.

In fact, in my books, hitting on any guy who's already attached or married even if you're not friends with his partner is a no-no. It's just bad karma.

**Read Josey's Sexcetera blog online at metronews.ca/blog**

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a man who was already in a relationship than a single man.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the Journal of Personality and Social Psychology suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue of the Journal of Experimental Social Psychology, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because these guys have already shown they can commit by being in another relationship.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

• Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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**Julia tops the charts**
Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at Amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. METRO NEWS SERVICES

# Food

**When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis.**

THE CANADIAN PRESS

## Just ask

**Ensure that the products you are buying are truly local by reading labels and asking questions of vendors at farmer's markets and produce staff at supermarkets.**

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

# Warm chicken salad and a crisp

**online**
For more Tested-Till-Perfect recipes, visit canadianliving.com

### Warm Spanish Chicken Salad

**PREP TIME: 10 MINUTES**
**COOK TIME: 35 MINUTES**
**MAKES 4 SERVINGS**

**INGREDIENTS:**
• 2 boneless skinless chicken breasts
1 tbsp (15 ml) extra-virgin olive oil
1/2 tsp (2 ml) paprika
1/4 tsp (1 ml) each salt and pepper
1 each sweet red and green pepper, cut into 2 cm-wide strips
6 cups (1.5 l) loosely packed mixed baby salad greens
1/2 cup (125 ml) thinly sliced sweet onion
1/3 cup (75 ml) quartered pimiento-stuffed green olives
1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese
**SHERRY VINAIGRETTE:**
2 tbsp (25 ml) extra-virgin olive oil
1 tbsp (15 ml) sherry vinegar or red wine vinegar
1/2 tsp (2 ml) Dijon mustard
Pinch each salt, pepper and granulated sugar

JODI PUDGE

Warm Spanish Chicken Salad

**METHOD:**
In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

**SHERRY VINAIGRETTE:**
In small bowl, whisk together oil, vinegar, mustard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

### Pear Apple Crisp

**PREP TIME: 12 MINUTES**
**COOK TIME: 1 HOUR**
**MAKES 6 SERVINGS**

**INGREDIENTS:**
• 6 cups (1.5 l) chopped cored peeled pears

JODI PUDGE

Pear Apple Crisp

• 2 cups (500 ml) chopped cored peeled apples
• 2 tbsp (25 ml) all-purpose flour
• 2 tbsp (25 ml) packed brown sugar
• 2 tbsp (25 ml) lemon juice
• 1/4 tsp (1 ml) cinnamon
**TOPPING:**
• 1 cup (250 ml) quick-cooking rolled oats (not instant)
• 1/2 cup (125 ml) packed brown sugar
• 1/3 cup (75 ml) all-purpose flour
• Pinch ground nutmeg
• 1/3 cup (75 ml) salted butter, melted

**METHOD:**
In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

**TOPPING:** In small bowl, whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.

LiquidAssets

**Peter Rockwell**
metronews.ca/liquidassets

## The White Zin

Thankfully school is over for me but I still hate September. It's the way we all draw a line at the Labour Day weekend.

On one side we can revel in all things summer; on the other the outdoor furniture comes in, the white pants wind up at the back of the closet and rosé wines are bid adiós for another year.

While I can live with most of the seasonal changes I'm here to tell you that pink wines — especially the White Zinfandel — aren't just for warm weather any more. Long maligned as a marketing ploy aimed at unsophisticated drinks, the White Zin has remained as simple and straight forward as it was when Californian wine-makers first developed it in the 1970s.

**Sutter Home's 2008 White Zinfandel ($7.99 - $9.97)** is the original and its soft, berry sweetness remains the benchmark. Equally as fruity, **Beringer Vineyards' 2008 California Collection White Zinfandel ($9.90 - $11.99)** has a slight drier edge.

Though these style of blush wines aren't very complicated they match surprisingly well with most meals — particularly those big holiday spreads that you'll soon be preparing — and appeal to wide variety of palates no matter what the temperature outside.

*Prices reflect the range across the country. Some products may not be available in all provinces.*

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

## Make breakfast tops for children

**TIPS** September is Breakfast for Learning month. Breakfast for Learning offers these helpful hints to help students eat right to be bright:
• Eat a balanced breakfast each morning, consisting of at least three of the four food groups, such as a bowl of whole grain cereal with milk and berries.
• Encourage children to opt for healthier food options, like packing nutritious lunches, or choosing milk or water over soft drinks, and salads instead of fries in school cafeterias.
• Have healthy snacks available for children including pre-cut veggies, fruit or yogurt in squeezable tubes. NEWS CANADA

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**Thurman, Busson to marry**
Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. METRO NEWS SERVICES

# Entertainment

**Royal couple**
There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

# Cold one for Kate Beckinsale

**NED EHRBAR**
Metro World News

**FEATURE** Kate Beckinsale has done quite a lot on screen. She's battled fellow vampires in the Underworld films, worked triage while bombs fell in Pearl Harbor and put up with Adam Sandler in Click.

But one thing she hasn't done in quite some time is use her real accent. "I'd like to play a character that is English. Maybe something a bit more classical," she says.

Well, she'll have to wait a little bit longer. In her latest film, Whiteout, Beckinsale fakes an American accent again, this time to play U.S. Marshal Carrie Stetko, stationed in Antarctica and charged with investigating the continent's first murder just days before her post shuts down for the daylight-free winter.

Though she's had her share of intense sets, Beckinsale was taken aback by this film's extreme working environment. (Manitoba sat in for Antarctica for exterior shots.)

"It was a lot more intense, really, because we were all worried we were going to die of hypothermia any second," she says. Not that they weren't prepared.

"When we arrived, they put a small telephone directory under our doors the night before we started shooting saying, 'These are all the different ways it's possible to die here.' Being too cold, or being too hot if you keep your clothes on for too long when you go inside. Or if you've ever had an alcoholic drink, or if you breathe in a westerly direction, you're going to die."

Beckinsale admits she underestimated the conditions. "I thought, being from England, I know how to handle the cold. But it wasn't anything like that," she says, though the Canadian shooting only lasted a couple of weeks before the production headed indoors.

**Whiteout opens in theatres Friday**

Kate Beckinsale stars in the thriller Whiteout, which was partially shot in Manitoba.

"I try and make it out like we shot in the cold for a lot longer than we did because it makes me sound a bit more tough," she says.

Aside from wanting to speak in her native accent, Beckinsale has other work aspirations after a few years of action, drama and suspense. "I'd like to do some comedy," she says. "That's what I'd really like to do."

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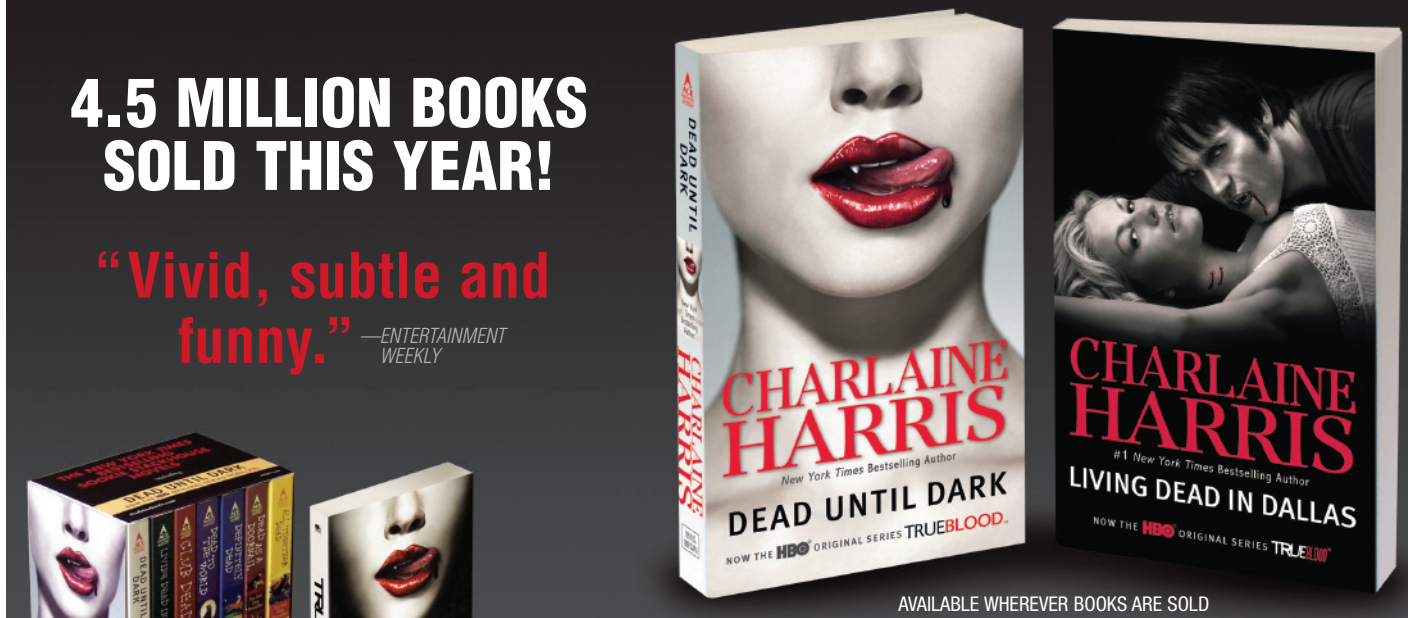

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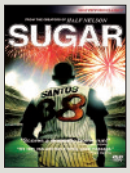
## DVD picks

### Sugar

**Director:** Anna Boden, Ryan Fleck




**MOST PEOPLE, NON-FANS** included, believe that the Dominican Republic is an island baseball haven, with limitless raw talent. The assumption has some factual basis — there's an abundance of players in the major leagues — but the reality is more Darwinian.

Then there's the adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in Sugar for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball. He heads to spring training with dreams of milk and honey.

Sugar quickly learns there's much more to the game than smoking a hot pitch across the plate.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, Sugar is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers.

### Sin Nombre

**Director:** Cary Joji Fukunaga

**SIN NOMBRE TRANSLATES** as "without name." In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections. Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of Sin Nombre could be pulled straight from today's headlines, The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers. Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

**Peter Howell/for Metro Canada**

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**THE BEARD:** Probably my favourite accessory. You can never look too formal when you're sporting scruffy facial hair.

**THE HOODIE:** The perfect cardi/hoodie mix. Got it on sale on Xmas Eve, when I was supposed to be buying a present for a friend.

**THE WATCH:** A birthday present from So Hip It Hurts.

**THE PHONE:** The Samsung Vice™ from Bell. It's got heaps of cool features and it's really smooth and light.

**THE JEANS:** Not too skinny. Not too baggy. Picked these up in Montreal.

**THE SHOES:** Proof of my sneaker fetish. A recent purchase from Get Outside on Queen Street.

## LIAM, Toronto

**LIAM'S LOOK:** Street chic. He wears what he likes. He's nailed the art of blending budget basics with a few pricier pieces. The result: calculated cool. He only brings out the big bucks for stuff he can't lose because it's physically attached to him, like watches and shoes. One thing you'll never see attached to Liam: skinny jeans.

Glee is the most anticipated show of the new television season.

# Three cheers for Glee

## Comedy/musical still 'has an edge to it'

AMBER RAY
Metro World News

**Hitting the tone of high school in a television series is difficult — get too angsty and the family audience tunes out; go for the saccharine "moral of the week" and real-life credibility is lost.**

Considering two of the most creatively successful high school-based series in the last decade were Freaks and Geeks and My So-Called Life, and neither aired for even one full season, developing a teen series seems like a doomed undertaking.

So developing a teen series as an unconventional comedy/musical hybrid with Ryan Murphy, the dark genius behind Nip/Tuck, as executive producer must seem like a death wish. Yet that very Murphy-helmed high school series, Glee, is the most anticipated show of the new TV season.

**Glee premieres tomorrow at 9 p.m. ET/PT on Global**

"For me, the challenge is doing something that I think is more mainstream and family-oriented," admits Murphy, whose other series is about a pair of plastic surgeons and features graphic depictions of surgeries and sex. "I wanted to do something that was lighter and more optimistic."

In this tale about one dedicated teacher attempting to rebuild his school's geeky glee club to its former championship-winning glory, optimism comes in the form of choreographed performances to tunes such as Don't Stop Believin'.

**"(Glee) does have a little bit of subversiveness in it ... The show is about the quest to have a dream — or the quest to realize that maybe you need to get another dream."**
Ryan Murphy

Another positive for the series: The cast recording of the Journey song shot to No. 1 on iTunes after the Glee pilot was broadcast in May post-American Idol as a sneak peek special on Fox.

Anticipation for the comedy has been steadily building since, thanks to cast appearances at Comic-Con in July and an August tour of Hot Topic stores at malls across the country. But jubilant sing-alongs alone do not make Glee the fall's early fan favourite and critics' darling; behind the cheery façade of show tunes and jazz hands, the series dissects the complicated caste system of secondary school life.

"(Glee) does have a little bit of subversiveness in it," Murphy insists.

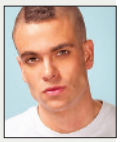
"It's not completely bland or too sticky clean. It has an edge to it. The show is about the quest to have a dream — or the quest to realize that maybe you need to get another dream."

### The students

Three stars of Glee

- **Finn Hudson (The Jock)**

Played by Cory Monteith.



Cory Monteith

Though he plays a football standout turned one of the glee club's stars, Monteith admits he "could never watch a musical" before working on Glee. "... The beautiful thing about this show is (the music) magnifies the plot points the characters are dealing with. Glee is firmly rooted in reality."

- **Mercedes (The Diva)**

Played by Amber Riley

Amber Riley

"I'm not going to say I'm not a diva," Riley jokes, though the actress with an amazing set of pipes was a professional backup singer — a position her character unhappily finds herself relegated to — before signing on to Glee. "I love the tone of the show. It has this dry comedy; it's not really punchliney."

- **Arty (The Geek)**

Played by Kevin McHale

Kevin McHale

"I forget we're not in a real glee club," McHale, a former boy band member, says. "I feel like we're in high school. We're on the set all the time, and the scripts are so real."

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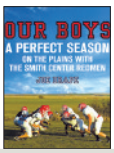
**Boyle outselling Beatles, Whitney**

Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. **METRO WORLD NEWS**

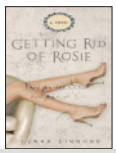
# Town of brotherhood




## Our **Boys**

**Authors:** Joe Drape
**Publisher:** Times Books
**Price:** $32.00 (Hardcover)

New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.




## Getting Rid **of Rosie**

**Author:** Lynda Simmons
**Publisher:** Berkeley Books
**Price:** $17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with over the years — she's mutually shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.

**BookPicks**

## The Flying Carpet **of Small Miracles**

**Author:** Hala Jaber
**Publisher:** Viking Canada
**Price:** $32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the 2003 American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's serious physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young.

**BRIAN COULTON/ FOR METRO CANADA**

# Charger accused in Tila incident

**COURTS** San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his suburban home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell said at a news conference.

Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District Attorney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso told The Associated Press by phone. "He essentially was doing what was appropriate under the circumstances in trying to protect the safety of Miss Tequila. There were numerous eyewitnesses that will support his version of the events that transpired at his home."

Merriman, 25, also said in a statement late Sunday that he was worried for the safety of Tequila because she appeared to be intoxicated and he didn't want her to drive.

He says paramedics who were called to his home reported no injuries to Tequila.

Merriman was taken into custody and booked into the central jail at about 8:30 a.m. He was released shortly after 11 a.m.

THE ASSOCIATED PRESS FILE PHOTOS

San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.

Tequila was taken to a hospital. Her condition was not immediately available.

Caldwell said deputies determined Tequila had been drinking. Caldwell said she wasn't sure if Merriman had been drinking. Macaluso said witnesses he spoke with said Merriman had ordered water three or four times when his group was at a downtown San Diego club before going to his house.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. **THE ASSOCIATED PRESS**

| VA | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 9/8/09 | 251 | 308 | 3 CBC | Wheel-Fortune | Jeopardy! | Rick Mercer | 22 Minutes | Being Erica (CC) (DVS) | | CBC News: The National (N) | | (:05) The Hour |
| | 254 | - | 8 M | Two/Half Men | Two/Half Men | Omni News: Mandarin Edition | | News: Cantonese Edition | | Omni News: Punjabi Edition | | The Simpsons |
| | 250 | 321 | 9 CTV | etalk (CC) | Hollywood | So You Think You Can Dance Canada Top 16. (N) (CC) | | | | Flashpoint (CC) (DVS) | | CTV News |
| | - | - | 10 OMNI | Frasier (CC) | Frasier (CC) | Islam 101 (CC) | | Enigma (CC) | | Perspectives | Ek Noor | New Day |
| | 252 | 336 | 11 GTV | Entertainment | ET Canada | NCIS "Semper Fidelis" (CC) | | (:01) Big Brother 11 (N) (CC) | | Bones (PA) (CC) | | News |
| | 256 | 389 | 12 VI | Degrassi: TNG | TMZ (N) (CC) | America's Got Talent (CC) | | America's Got Talent Semifinalists perform. (Same-day Tape) | | | | A News (N) |
| | 253 | 359 | 13 CITY | Law & Order: SVU | | Hell's Kitchen (N) (PA) (CC) | | More to Love (N) (CC) | | Murdoch Mysteries | | The CityNews |
| | - | - | 14 CW | Deal-No Deal | Deal-No Deal | 90210 "To New Beginnings!" | | Melrose Place "Pilot" (CC) | | Seinfeld | Seinfeld | Frasier (CC) |
| | 289 | 381 | 15 CBS | Entertainment | The Insider | NCIS "Semper Fidelis" (CC) | | (:01) Big Brother 11 (N) (CC) | | The Mentalist (CC) | | KIRO News |
| | 287 | 379 | 16 NBC | Evening Mag. | Inside Edition | America's Got Talent (CC) | | America's Got Talent Semifinalists perform. (Same-day Tape) | | | | KING 5 News |
| | 602 | 568 | 19 W | Old Christine | Friends (CC) | Friends (CC) | Grocery Bag | Style by Jury | Style by Jury | How to Look Good Naked | | Naked Beauty |
| | 288 | 380 | 21 ABC | Wheel-Fortune | Jeopardy! | Shark Tank (CC) | | Shaq Vs. (N) (CC) | | Primetime: Family Secrets | | KOMO 4 News |
| | - | - | 23 KVOS | M*A*S*H | Seinfeld | Crossover ★ (2006) Wesley Jonathan, Anthony Mackie. | | | | King | Cheers (CC) | Scrubs (CC) |
| | 291 | 383 | 27 PBS | David Garrett: Live in Berlin (CC) | | Playing for Change: Peace Through Music | | | | UltraMind Solution: Defeat Depression | | |
| | 290 | 382 | 28 FOX | Two/Half Men | Two/Half Men | Hell's Kitchen (N) (PA) (CC) | | More to Love (N) (CC) | | Q13 FOX News at Ten (N) | | Family Guy |
| | - | 364 | 29 PBS | To Be Announced | | Keeping Up | Being Served | Tavis Smiley | Charlie Rose (N) (CC) | | Nova "This Old Pyramid" | |
| | 296 | 654 | 30 SBK | Frasier (CC) | Frasier (CC) | Punk'd (CC) | South Park | South Park | Half & Half | Profits | Hatchett | Paid Program |
| | 298 | 653 | 35 TLA | Two/Half Men | Two/Half Men | 90210 "To New Beginnings!" | | Melrose Place "Pilot" (CC) | | KTLA Prime News (CC) | | Friends (CC) |
| | 295 | 651 | 36 WGN | WGN News at Nine (N) (CC) | | Family Guy | Two/Half Men | According-Jim | Sex and-City | Friends (CC) | Friends (CC) | According-Jim |
| | 297 | 652 | 37 WPX | PIX News at Ten Tong. (N) | | Two/Half Men | Friends (CC) | Sex and-City | According-Jim | Frasier (CC) | Frasier (CC) | Odd Couple |
| | 199 | 311 | 76 STR | CTV News | NTV Latenight News | | Late Show-Letterman | | Late Late Show | | Will & Grace | Seinfeld |
| news | 502 | 390 | 26 NW | School of Secrets | | CBC News: The National (N) | | CBC News: The National | | School of Secrets | | National |
| | 500 | 500 | 33 CNN | Anderson Cooper 360 (CC) | | | | Larry King Live | | Anderson Cooper 360 (CC) | | Cooper 360 |
| sports | 407 | 419 | 22 RSP | Sportsnet | MLB Baseball Seattle Mariners at Los Angeles Angels of Anaheim. | | | | | Sportsnet Connected | | Sportsnet |
| | 400 | 400 | 30 TSN | Tennis: U.S. Open | | SportsCentre (Live) (CC) | | Boxing Rumble at Rama IX. (CC) | | | NFL Films | SportsCentre |
| | 411 | 457 | 49 OLN | Ghost Hunters "Iron Island" | | Dog the Bounty Hunter (CC) | | Survivorman (CC) | | Ghost Hunters "Iron Island" | | Bounty Hunter |
| | 410 | 403 | 54 SCR | 24/7 | Score Now | Score Now | | Score Now | | Score Now | | Final Score |
| | 417 | 406 | 55 SC | Jacked! | Jacked! | Pimp My Ride | Pass Time | Monster Jam | | Super Bikes! | Super Bikes! | Jacked! |
| | 416 | 409 | 144 GLF | Fútbol Uruguayo | | MLS Weekly | Gol TV News | Toronto-Today | MLS Weekly | Paid Program | Gol TV News | Gol TV News |
| family | 552 | 543 | 25 YTV | Drake & Josh | Prank Patrol | Malcolm-Mid. | Hates Chris | 8 Rules | What I Like | Family Biz | Prank Patrol | Adrenaline |
| | 555 | 545 | 50 TEL | Scooby-Doo | Total Drama | Total Drama | 6TEEN | Futurama | King of Hill | American Dad | Futurama | Chicken |
| | 557 | 541 | 51 FAM | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | Cory in House | Zack & Cody |
| | 553 | 546 | 53 TRE | Babar (CC) | Zigby | Max & Ruby | Dragon | Backyard | Ni Hao | Go, Diego, Go! | Franklin | Comfy Couch |
| cable variety | 268 | 354 | 5 KNO | Gardens | Recreat. Eden | The True Intrepid | | Private Life of a Masterpiece | | Transsexuals in Iran | | Finding Hope |
| | 575 | 583 | 20 CMT | Hope & Faith | Hope & Faith | Crossroads | | Home Imp. | Home Imp. | Reba (CC) | Reba (CC) | Hope & Faith |
| | 570 | 580 | 24 MM | MuchNews | My Date | One Tree Hill (CC) | | Starmaker | | MuchNews | Love Court | Spotlight |
| | 600 | 564 | 25 H&G | House | House | Holmes on Homes (CC) | | SarahCottage | Genevieve | HGTV's Top | Dirty Business | House |
| | 615 | 520 | 31 A&E | The Cleaner (N) (CC) | | The Cleaner (CC) | | The First 48 (CC) | | The First 48 (CC) | | The Cleaner |
| | 628 | 584 | 32 SPKE | Surviving Disaster "Fire" (N) | | Surviving Disaster "Fire" | | CSI: Crime Scene Invstgtn. | | Spike's Most Amazing Videos | | Disorderly |
| | 521 | 560 | 34 TLC | Masters of Reception (N) | | 18 Kids-Count | 18 Kids-Count | Masters of Reception (CC) | | Jon & Kate | Jon & Kate | Ultimate Cake |
| | 616 | 522 | 39 SHO | The Outer Limits (CC) | | Storm Cell (2008, Drama) Mimi Rogers, Elyse Levesque. (CC) | | | | Bones "The Man in the Wall" | | NCIS (CC) |
| | 620 | 523 | 40 BVO | Five Days | Africa | Law & Order (CC) | | Without a Trace (CC) | | Radio Days ★★★ (1987) Mia Farrow. (CC) | | |
| | 601 | 562 | 41 SLC | Bulging Brides | Bulging Brides | ET Canada | What | The Biggest Loser | | Average Joe: Hawaii (CC) | | Trading Sp |
| | 520 | 505 | 42 DIS | After the Catch (N) (CC) | | Daily Planet (CC) | | Destroyed | Destroyed | After the Catch (CC) | | How It's Made |
| | 522 | 506 | 44 HIS | Ancient Discoveries (CC) | | Cities of the Underworld | | Cities of the Underworld (N) | | Ultimate Engineering (CC) | | Crime Stories |
| | 627 | 528 | 45 SPC | Fringe "The Road Not Taken" | | Stargate SG-1 (CC) (DVS) | | Star Trek: Next Gener. | | Star Trek: Voyager "Virtuoso" | | Star Trek: Ent. |
| | 294 | 650 | 47 TBS | The Office | The Office | House-Payne | House-Payne | Sex and-City | Sex and-City | Deliver Us From Eva ★★ (2003) LL Cool J. | | |
| | 619 | 525 | 48 TROP | '70s Show | '70s Show | The Outer Limits (CC) | | ET Canada | Switch (N) | Family Guy | '70s Show | '70s Show |
| | 603 | 561 | 52 FN | Good Eats | Good Eats | Iron Chef America (CC) | | Unwrapped | Unwrapped | Hell's Kitchen (CC) | | Good Eats |
| | - | - | 53 AMC | (5:00) Stripes | Major League ★★ (1989, Comedy) Tom Berenger, Charlie Sheen. (CC) | | | | | Mad Men (CC) | | (:02) Stripes |
| | 626 | 547 | 57 COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | House Party | Comedy Inc. | Daily Show |
| | 320 | 621 | 60 CEN | (6:30) The Promotion ★★ | | Savage Grace ★★ (2007) Julianne Moore. | | | (:45) The Killing of John Lennon ★★★ (2006) Jonas Ball. | | | |
| | 581 | 566 | 101 MTV | Daddy's Girls | House-Jazmin | MTV Live | After | 16 and Pregnant (CC) | | Daddy's Girls | House-Jazmin | MTV Live |
| | 261 | 394 | 102 V | Medicine | I Prophesy | Poltergeist: The Legacy | | A Man for All Seasons ★★★★ (1966) Paul Scofield. | | | | Paid Program |
| | - | - | 105 MUL | Banquet | Kingdom-Wind | Il Caffe | | In Germany | Euromaxx | Schauplatz | Euro. Journal | Patrol World |

## critics'corner

**The Mentalist**

There are some things you take for granted in life. You go up onstage to assist a magician, the odds are good you're going to wind up clucking like a chicken. It could be worse, as Patrick (Simon Baker) and the CBI team discover as they pursue a mastermind who hypnotizes people and tells them whom to kill. Robin Tunney, Tim Kang and Owain Yeoman also star in "Russet Potatoes." 10 PM on CBS

**Melrose Place**

The addictively cheesy 1992-99 Fox soap gets a new millennial reboot on a different network, with Laura Leighton returning to her role as Sydney Andrews, now the landlady at the titular Los Angeles apartment complex. In the series opener, Violet Foster (Ashlee Simpson-Wentz), the newest tenant, discovers a bloody corpse in the courtyard pool. Thomas Calabro also reprises his original series role as Dr. Michael Mancini in "Pilot." 6 PM on WGN WPX, 9 PM on TLA CW

## Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 4, according to studio estimates:

1. **The Final Destination:** $15.4 million US
2. **Inglourious Basterds:** $15 million
3. **All About Steve:** $13.9 million
4. **Gamer:** $11.2 million
5. **District 9** $9 million
6. **Halloween 2:** $7.1 million
7. **Julie & Julia:** $7 million
8. **G.I. Joe: The Rise of Cobra:** $6.7 million
9. **The Time Traveler's Wife:** $5.4 million
10. **Extract:** $5.3 million

REUTERS

## Kenya's**Style**

**Kenya Hunt**

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

**Romance wraps up for Jen and Gerard?**
Now that Jennifer Aniston has wrapped shooting on The Bounty with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. METRO WORLD NEWS

## Celebrity Buzz

# Director Bay a tyrant: Fox

**UNGRATEFUL?** Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his Transformers films.

"He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told Wonderland magazine.

"He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for."

She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a Transformers movie. He has you do some really insane things that insurance would never let you do," she said.

METRO WORLD NEWS

# Madonna reconciling with brother?

**TIME HEALS** Madonna is making moves to reconcile with her brother, femalefirst.co.uk reports.

The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobe and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister.

Madonna was outraged with the publication of Life With My Sister Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails.

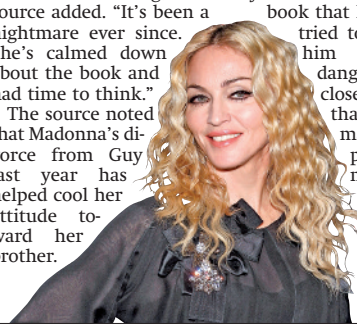
A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person.

"At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed down about the book and had time to think."

The source noted that Madonna's divorce from Guy last year has helped cool her attitude toward her brother.

She was originally upset by claims in Ciccone's book that Ritchie once tried to intimidate him by driving dangerously close to him, and that his friends made homophobic remarks to him at Ritchie's stag party.

METRO NEWS SERVICES



## Rihanna's got a new boyfriend?

**MOVING ON** Rihanna has been spotted around Los Angeles with Travis London, who was previously linked to Mary-Kate Olsen, according to Gatecrasher.

"They were very silly and touchy-feely. She looked like she was having a really good time," said a source of the pair.

METRO WORLD NEWS

## Neverland sold to designer

**REAL ESTATE MOGUL** Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the $90 million US estate to serve as his company's headquarters for Ed Hardy.

"I can have the house in one month now. I get the keys two weeks from today," Audigier said in an interview.

Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows.

METRO WORLD NEWS

## Robert's many male fans

**NOT THE USUAL FANBASE** Robert Pattinson has grown used to all the female attention sent his way by rabid Twilight fans, but what he wasn't prepared for was all the interest from other men.

"There's a few male Twilight fans," Pattinson said, according to Showbiz Spy. "More and more guys ask me for autographs in fact."

He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muse

METRO WORLD NEWS

## Celebrity tweets

Paris Hilton doesn't let the recession slow her down, Russell Brand enjoys his new neighbour in New York, Danny Masterson has high hopes for his anniversary, and Courtney Love reflects on her career before music.

- @parishilton Just got done with a major shopping spree! Got so many beautiful pieces of jewelry and art! Loves it!
- @rustyrockets Katy Perry is moving into the hotel room opposite. I'm stealing a room service uniform. A female one, obviously-"cherry chapstick delivery."
- @dannymasterson 5 year anniversary for me and the lady 2day..... Hoping to get to 2nd base!
- @Courtneylover79 i suppose a lot of people have been reduced to such circumstances. thank god i worked with my hands on wardrobe on films most of my nascent life, and when i did strip i just worked that pole and played loads of guitar.

METRO WORLD NEWS

GETTY IMAGES

## Rumer dreams of parents' reunion

**FANTASY** Rumer Willis, whose own acting career is taking off, would like to get her parents back together — onscreen, at least. "You know I'd really love that," Willis mused to People about co-starring in a project with dad Bruce Willis and mom Demi Moore.

METRO WORLD NEWS

## Björk's marriage on the rocks?

**RUMOUR MILL** Music and art world gossip-mongers are getting worked up over word that Björk and artist Matthew Barney might be splitting up.

Gawker.com points out that they just purchased a house in Brooklyn Heights without unloading either their downtown Manhattan apartment or their Long Island home.

While the sluggish real estate market could explain the lack of sales, others speculate that Barney's working relationship with fellow artist Elizabeth Peyton may have crossed the line from professional to personal and may have come between the married couple.

None of the parties involved commented on the rumours.

METRO WORLD NEWS

## Jonas Bros on the move

**ATTN: STALKERS** The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, $2.8-million US home in the Dallas suburb of Westlake, according to the Dallas Morning News.

While the family band spends most of its time in Los Angeles, they've kept a home in the Dallas area for years.

New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts.

METRO WORLD NEWS

The Weather Network 20 YEARS ©The Weather Network theYear

Today Variable 17°/ 13° | Wednesday Rain 70% 15° / 14° | Thursday Variable 19°/ 13°

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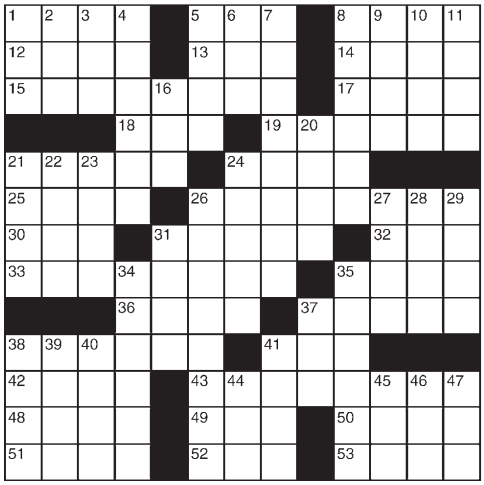
# Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



**ACROSS**

1 Philandering sort
5 — Khan
8 Tablespoonful, maybe
12 Right on the map?
13 Gist
14 State with conviction
15 Parentheses' kin
17 Vast
18 Chop
19 Beauty pageant adornments
21 Refuge
24 Proscribes
25 Yale students
26 Uncomplimentary remark
30 Scooted
31 Where the action is
32 Tramcar filler
33 Crashing waves
35 Tatters
36 Prejudice
37 Pack to the future?
38 Insist on
41 Anti
42 Grand story
43 Part of NYC
48 Lima's land
49 "— Town"
50 Stead
51 Unisex shirts
52 Deleted
53 Greek vowels

**DOWN**

1 CSA soldier
2 Rowing need
3 "Born in the — "
4 Engraves
5 From the top
6 Eviscerate
7 Doesn't vote
8 Upholstery fabric
9 Finished
10 Video-game name
11 Eventful periods
16 Trivia whiz Jennings
20 Oldster from 48-Across
21 KFC additive
22 Winged
23 Tarzan's transport
24 Fox and Rabbit of literature
26 Size comparative, once
27 Sow's mate
28 Jason's ship
29 Criterion
31 Related
34 Erstwhile calculator
35 Irritate
37 Excessively
38 Subdivision (Abbr.)
39 Duel tool
40 Muck's partner
41 String
44 Regret
45 Set afire
46 Verily
47 Greek consonants

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

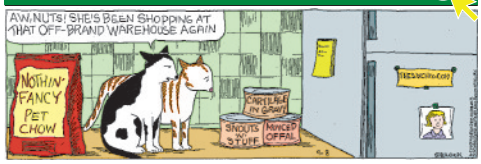
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | | 9 | 4 | 1 | | 7 | |
| 7 | | | | | | | | 9 |
| | | 1 | | | | 6 | | |
| 5 | 4 | | 3 | | 7 | | 6 | 1 |
| | | | | 9 | | | | |
| 3 | 6 | | 2 | | 4 | | 8 | 7 |
| | | 4 | | | | 8 | | |
| 6 | | | | | | | | 3 |
| | 1 | | 8 | 6 | 5 | | 4 | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 9 | 6 | 1 | 3 | 8 | 2 | 4 |
| 3 | 6 | 4 | 5 | 2 | 8 | 7 | 9 | 1 |
| 2 | 1 | 8 | 9 | 7 | 4 | 6 | 5 | 3 |
| 9 | 2 | 6 | 8 | 5 | 1 | 3 | 4 | 7 |
| 8 | 4 | 5 | 7 | 3 | 6 | 2 | 1 | 9 |
| 7 | 3 | 1 | 2 | 4 | 9 | 5 | 8 | 6 |
| 4 | 5 | 2 | 1 | 6 | 7 | 9 | 3 | 8 |
| 6 | 8 | 3 | 4 | 9 | 2 | 1 | 7 | 5 |
| 1 | 9 | 7 | 3 | 8 | 5 | 4 | 6 | 2 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca




## Metro Recipe of the Day

### Sweet and Smoky Chicken Legs

**INGREDIENTS:**
2 medium onions, sliced
3 lbs (1.4 kg) chicken legs
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt
1/2 cup (125 ml) ketchup
1/2 cup (125 ml) maple syrup
1/4 cup (50 ml) vinegar
2 tbsp (25 ml) prepared mustard

**METHOD:**
1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in single layer over onions. Sprinkle with salt.
2. Combine remaining ingredients and pour over all, completely coating chicken.
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

**SERVES 6**

**rd.ca**

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.

**TAURUS** ♉
**APRIL 21-MAY 21**
Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.

**GEMINI** ♊
**MAY 22-JUNE 21**
A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.

**CANCER** ♋
**JUNE 22-JULY 22**
Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.

**LEO** ♌
**JULY 23-AUG 23**
You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.

**VIRGO** ♍
**AUG 24-SEPT 22**
With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.

**LIBRA** ♎
**SEPT 23-OCT 23**
You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.

**SCORPIO** ♏
**OCT 24-NOV 22**
Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.

**CAPRICORN** ♑
**DEC 22-JAN 20**
Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.

**AQUARIUS** ♒
**JAN 21-FEB 18**
Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.

**PISCES** ♓
**FEB 19-MARCH 20**
The planets promise that although things may be tough for you at the moment they will be much better in the long-term.

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Breakfast • Standard rm.
Oct. 7, 8, 14, 15, 20, 22 & 26 • 4 nts.
$827
Taxes & other fees (including service charges): $469

### Paris via Montreal
**Mercure Paris Austerlitz Bibliotheque • 3★**
Breakfast • Standard rm.
Oct. 1, 7, 9, 14, 15 & 17 • 4 nts.
$897
Taxes & other fees (including service charges): $422

## DEALS of the WEEK

### Santa Clara via Calgary
**Meliá Las Dunas • 4★**
All-Inclusive • Standard rm.
Sept. 13 - 27 • 1 wk.
$729
Taxes & other fees (including service charges): $212

**Occidental Royal Hideaway Ensenachos • 5★**
All-Inclusive
Supersaver spa rm.
Sept. 13 - 27 • 1 wk.
$999
Taxes & other fees (including service charges): $212

### Cancun / Riviera Maya
**Occidental Grand Xcaret • 4 1/2★**
All-Inclusive
Deluxe rm.
Nov. 14 • 1 wk.
$899
Taxes & other fees (including service charges): $259

**Gran Bahia Principe Tulum • 5★**
All-Inclusive • Standard rm.
Nov. 14 • 1 wk.
$949
Taxes & other fees (including service charges): $259

### Honolulu, Hawaii
**Ohana Waikiki West • 3 1/2★**
Aloha - Run of the house
Oct. 12 & 19 • 1 wk.
$699
Taxes & other fees (including service charges): $150

### Puerto Vallarta
**Canto del Sol Plaza Vallarta • 3 1/2★**
All-Inclusive • Standard rm.
Nov. 7 - 28 • 1 wk.
$769
Taxes & other fees (including service charges): $265

### Los Cabos
**Crowne Plaza Los Cabos Grand Faro • 4 1/2★**
All-Inclusive
Deluxe oceanview rm.
Dec. 27 • 1 wk.
$1439
Taxes & other fees (including service charges): $267

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### Royal Caribbean International[1]
EARN 2,500 BONUS AEROPLAN MILES PER MEMBER[2]

**Mariner of the Seas®**
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Flights to Los Angeles
Interior stateroom, cat. N
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$1669
Taxes & other fees (including service charges): $187

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Interior stateroom, cat. N
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$1789
Taxes & other fees (including service charges): $212

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